



ALL STARS & BEYOND DAY CAMP PARENT MANUAL



SUMMER 2021

INTRODUCTION

The primary goal of All Stars & Beyond Day Camp is to help children who have completed grades 1st-6th discover their potential in a variety of Camp & Athletic oriented activities. Each camper will participate in three activity periods, which will be a “sport of the week” activity, dodgeball and group games, and craft activities. In addition to the activity periods, campers will participate in special events, free swim and be allowed some free choice time. The Camp is designed to include individualized instruction, emphasize teamwork and sportsmanship, maximize group participation, strengthen character and leadership development, introduce and refine specific athletic skills, increase overall physical fitness and general health, introduce specific art mediums and allow campers to express their creativity and provide fun for everyone.

PROGRAM STAFF

Ken Pierini is the Program Supervisor/Camp Director of All Stars & Beyond. Ken will be in charge of supervising camp staff and daily programs. The counselors are in charge of the actual day to day camp activities. The two Assistant Directors are Olivea Simms (7th Year) and Marcus Ulrich (5th Year). Your child(ren) will be assigned to a pod of campers supervised by 2 Counselors per Phase IV of Restore Illinois guidelines. The All Stars & Beyond Day Camp Counselors include, Nick Cervac (3rd Year), Peter Turelli (3rd Year), and Sebastian Puerto (3rd Year), Michael Wisneski (3rd Year).

If you have any questions or concerns please contact Ken Pierini (847) 810-3943 or by email at pierinik@cityoflakeforest.com

LAKE FOREST PARKS & RECREATION DEPARTMENT COVID 19 SPECIFIC CAMP PROCEDURES & GUIDELINES 2021

In accordance with IDPH who has adopted the CDC’s Camp Guidelines on June 4, 2021, the below summarizes The Lake Forest Recreation Departments Camp Guidelines, effective immediately.

GENERAL DROP OFF / PICK UP PROCEDURES

Each camp will have their own designated drop off/pick up location in order to maintain 30 feet of distance between groups (See Page 4 for drop off/pick up locations). Please remain in your vehicle during drop off and pick up. Counselors will escort campers to and from their vehicles.

- *Example drop off procedure:* Counselor(s) will address your vehicle. They will take attendance and ask your camper(s) if they are or have recently been feeling any Covid 19 related symptoms (answered with your assistance as the parent).
- *Example pick up procedure:* Parents/guardians will pull into their designated camp pick up area. Please **STAY IN YOUR VEHICLE**. Camper(s) will be escorted to their vehicle one at a time with the help of a counselor.

CAMP DAY COVID 19 SPECIFIC PROCEDURES & POLICIES

- **General**
 - Camps will be held outdoors as much as possible, limiting the need to come indoors to events of inclement weather or to escape the heat of a summer day.
 - Camps will be divided into pods of campers, managed by counselors. Camp Director(s) will be acting as a floater between the pods.
- **Face Masks** – Face masks are strongly encouraged during camp activities. It is acceptable and supported by LFRD Staff if families and their campers prefer to be in face masks. Families are responsible for sending children to camp with face masks.

- **Social Distancing** – Social distancing of at least 3 feet will be maintained throughout the camp day, indoors and outdoors.
- **Water Bottles** – Water fountains will not be available at specific campsites. Camp locations will however have the ability to fill up reusable water bottles throughout the day, as hydration is key during camp.
- **Packed Lunch** – Please send your child with a packed lunch daily. Lunches **MUST** be packed in single use containers to be thrown out after each meal.
- **Hygiene / Sanitation**
 - Campers will routinely wash hands for a minimum of 20 seconds and use hand sanitizer if & when necessary.
 - Each staff member and camp location will be provided hand sanitizer and cleaning materials to ensure routine sanitations of both campers, supplies and camp space.
 - In both indoor and outdoor activities, sharing will be limited and any items that will be shared will be thoroughly sanitized before and after doing so.

COVID-19 EMERGENCY ACTION PLAN (EAP)

In the event either of the below occur, Camp Directors and/or LFRD Management Staff will handle all communications with Parents and if necessary, other Camp Parents.

- **COVID-19 Symptomatic:**
 - If a participant or counselor does have symptoms they should **NOT** attend camp until they have had no fever for at least 72 hours, other symptoms have improved, and at least 10 days have passed since their symptoms first appeared.
 - If a camper or counselor shows any symptoms while at camp, they will be moved to an area separated from the rest of the camp, accompanied by a Staff member until they are picked up from camp.
- **COVID-19 Positive:**
 - If a participant or counselor does contract COVID-19, they should remain isolated at home for a minimum of 10 days after symptoms onset (or 10 days after positive test if asymptomatic) and can be released after feverless and feeling well (without fever-reducing medication) for at least 24 hours.
 - Camp Staff will be maintaining a daily attendance log. Any campers, or counselors who are exposed to a COVID-19 positive participant or staff member will have to be quarantined for 10 days prior to returning to camp.
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DAILY SCHEDULE

The following is an example of a typical day at camp:

DROP OFF	-	8:50 - 9:00 AM
Activity #1	-	9:00 – 10:00 AM
Activity #2	-	10:00 – 11:00 AM
Activity #3	-	11:00 – Noon
LUNCH	-	12:15 – 12:45 PM
Activity #4	-	1:00 – 2:00 PM
Activity #5	-	2:00 – 2:45 PM
Prepare for Camp Pick-Up	-	2:45 – 3:00 PM
PICK UP	-	3:00 PM

PICK UP/DROP OFF

Regular Day - Morning Drop off will be located by the Deerpath Park batting cage, on the South end of the Deerpath School parking lot. There will be signage, and Staff stationed for each pod of campers. You may drop your camper no earlier than 8:50 AM. Pick up is at 3:00 PM and will be located at the same spot as Drop Off. Children will NOT be allowed to go home with an individual other than their parent or friend without a note brought with them to camp on that day or a call made from their parent to the Camp Director. Parents are expected to stay in their vehicles at all times!

Rain Day - Morning Drop off will be located at the south entrance doorway of the Lake Forest Recreation Center building (Doors closest to the Fitness Center). You will need to enter the Recreation Department parking lot from the rear (behind Kinderhaven, 1st entrance to the Recreation Department coming in from Hastings Road), drive around the building and wait in line to you pull up to the doorway. You may drop your camper no earlier than 8:50 AM. Pick up is at 3:00 PM and will be located at the same spot as Drop Off, unless communicated otherwise by your Camp Director. Children will NOT be allowed to go home with an individual other than their parent or friend without a note brought with them to camp on that day or a call made from their parent to the Camp Director. Parents are expected to stay in their vehicles at all times!

FIELD TRIPS

Every Wednesday the camp will go on a field trip, except the last week of camp (August 4th, no camp day – Lake Forest Days). You still need to pack a lunch for field trips. Drop-off and pick-up for field trips will still be behind Deerpath Middle School in the South end of parking lot. We will be taking 2 buses on trips to keep proper distancing.

FIELD TRIP SCHEDULE (Wednesdays)

Date: Location

- 6/16: Green Meadows Farm (WI)
- 6/23: Action Territory (WI)
- 6/30: Barefoot Bay Family Aquatic Center (Mundelein)
- 7/7: Wheeling Family Aquatic Center
- 7/14: Mystic Waters Des Plaines Family Aquatic Center
- 7/21: Barefoot Bay Family Aquatic Center
- 7/28: Mystic Waters Des Plaines Family Aquatic Center
- 8/4: No Camp Day (Lake Forest Days)

CLOTHING

Please have your child(ren) dress in sports appropriate clothing. This may include T-shirts, shorts, socks, and gym shoes. **No Crocs, sandals, opened-toed, or dress shoes.** If your child shows up to camp wearing any of the previously mentioned attire they will sit out of the day's activities and possibly be sent home.

Please send a towel, bathing suit, and sunscreen in your child's backpack on Wednesday's water park days and beach days on Thursdays and Fridays. On Beach days please have kids wear gym shoes, because we will be playing games at the top of the bluff before we go swimming. Be sure to apply sun screen before you leave the house.

Your child(ren) will be given a camp T-shirt and Sports Bag during the first week of camp. Please have kids wear their camp shirts on Wednesdays for field trips.

LUNCHES

Please pack a lunch each day for camp. Have a refillable water bottle. Please no peanut, peanut butter, or nut foods.

SWIMMING (Beach Days)

There will be no swimming at the LFHS pool this year, but we will have two beach days a week. Every Thursday and Friday camp will meet at Forest Park Beach. Drop-off and pick-up will take place at the top of the bluff in the ring circle. Our swimming cell at Forest Park Beach will be cell 3 throughout the summer. At the beach, there will be other activities to do if the campers don't want to swim in the lake. In case of inclement weather on our beach day, the camp will meet at the Lake Forest Recreation Center indoors. Remember to pack a lunch and snacks. The concession stand at the beach will be open as well.

RAIN DAYS

Camp will be held rain or shine. Activities will be moved into the Lake Forest Recreation Center Gym and studios. Each pod will be assigned to their own room, per CDC Guidelines. If there are questions regarding camp location for the day you may phone our program information line at 847-234-6702.

CAMP INFORMATION LINE: (847)234-6702. Call in case of weather changes.

DISCIPLINE/CAMP CONDUCT

To ensure an enjoyable and safe program, the Recreation Department has developed a Code of Behavior which progresses from a verbal reprimand to possible removal of the child from the program. We feel these guidelines are fair and appropriate for the program. Bullying will not be tolerated. Please review these with your child.

CODE OF CONDUCT

1. First offense, the child is given a verbal reprimand.
2. Second reprimand in one day or consecutive week, the child is requested to sit out the day's activities.
3. Third warning, the parents of the child will be called and the situation will be discussed with them.
4. Fourth offense, the parents will be requested to remove the child from the program.

SPECIAL NOTES

If your child takes medication, has food allergies, has any physical limitations, needs to be excused early, should not swim or get wet, etc., please notify the Director with a note. This note may be brought with the camper on the first day, or whenever the necessity arises.

NO CELL PHONE POLICY

There is absolutely NO cell phone use allowed by campers when at camp. In the event of an emergency Camp Director, Ken Pierini will always have his cell phone on him and can be reached at **(847) 613-0182**. Campers in need of contacting parents are also more than welcome to use Ken's phone to contact parent(s)/guardian(s) in the event of an emergency. If a camper is seen with a cell phone out it will be confiscated by the Camp Director and returned to the child at the end of camp for that day.